



*** Tips For *** **Nursing Mothers**



When to Call Your Doctor/Clinic

The following are some signals your baby may be in trouble and needs to see a doctor or clinic staff without delay.

- **Urine** - Your baby has fewer than 6 wet diapers in 24 hours, urine is dark yellow, or the diaper contains dried urine crystals (looks like brick dust).
- **Stools** - Your newborn has fewer than 3 stools in a 24 hour period. After the first month or two, this may be normal for your baby.
- **Suckle** - Your baby is unable to latch-on, suckle, or stay latched on.
- **Nursing** - Your baby falls asleep or stops nursing immediately after latch-on.
- **Poor weight gain or weight loss** - Your baby is losing weight or has not gained back to birth weight by two weeks of age. Keep your two week well-baby check-up; where your baby will be weighed. If you have a scale at home, make sure the scale is zero-balanced and always weigh babies naked.
- **Signs of infection** -
 - Ⓒ Your baby has a fever or a temperature below normal. An abnormal axillary temperature (temperature measured under the baby's armpit for 5 minutes) is either above 99EF or below 95EF.
 - Ⓒ Your baby has a change in feeding habits

and is feeding poorly.

- Ⓒ Your baby sleeps a lot more than usual and is difficult to wake or is floppy.
- Ⓒ Your baby is irritable all the time even when you are holding him.

- **Signs of breathing problems** -

- Ⓒ Your baby is breathing very fast (faster than 40 times per minute).
- Ⓒ You can see baby's chest sink in around the ribs with each breath.

- **Signs of digestive problems** - Your baby has vomiting, diarrhea, or bloody stools.

- **Signs of dehydration** - Your baby has a dry mouth, sunken fontanel (soft spot in the skull), decreased urine output, or dark yellow urine. Vomiting and diarrhea can quickly make your baby become dehydrated.

If any of the above fit your baby, don't delay - call for help.

Your Doctor:

Lactation Consultant:

WIC Breastfeeding Counselor:
